30-day push-up challenge

From five to fifty in a month. Cross off each day.

NAME

START DATE

1 5	2 6	3 7	4 Rest	5 8	6 9
7 10	8 Rest	9 12	10 14	11 16	12 Rest
13 18	14 20	15 22	16 Rest	17 24	18 26
19 28	20 Rest	21 30	22 32	23 34	24 Rest
25 36	26 38	27 40	28 Rest	29 45	30 50

Can't do the number in one go? Split it into sets. Knees down is fine, chest to the floor is not optional.

Not medical advice. Get your doctor's OK before you start.